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掌握

词汇

5000

附参考译文 练习答案

总主编 杜瑞清

本册主编 甄建明

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总主编 杜瑞清

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序

人类即将迈入 21 世纪,新的时代对我们提出了更高的要求,我们也面临着更多的机遇和挑战。只有及时抓住机遇,主动迎接挑战,才能适应不断发展变化的社会,才能无愧于所处的时代。

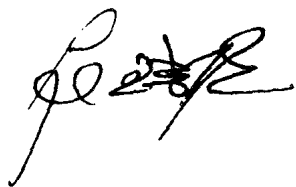
21 世纪是一个国际化、网络化的时代,知识的传播和信息的交流将会更加迅速。因此,作为这些活动的载体——语言,也就显得尤为重要,特别是英语的重要性不言而喻,全世界 70% 以上的出版物均使用英语。改革开放以来,“英语热”持续升温。不过要学好英语谈何容易!怎样学好英语,怎样能够在有限的时间内提高学习效率,广大英语工作者一直在探索行之有效的方法。英语词汇历来是困扰广大学习者的一大难题,只有积累了一定数量的词汇,才能进行训练和提高听、说、读、写、译等基本技能。而词汇的积累主要依靠大量的阅读。由世界图书出版西安公司组织、全国四所高等院校权威专家联合编写的这套《英语阅读突破书系》在此方面作了有益的尝试。全书有以下几个突出特色:

选材得当,资料新颖。全书收集了英语国家出版的最新阅读资料,内容涉及网络、经济、环境、科技、文化、教育等诸多方面。阅读全书,不仅是在提高英语水平,同时也是在最新知识的海洋里遨游。

循序渐进,突出词汇。此套丛书每册分级处理词汇,前后照应,由简到繁,从易到难,按照最新大纲对词汇的要求来编写。

练习多样,重在掌握。本书在每篇课文之后都安排了形式不同的练习,并对课文进行翻译,提供参考答案,以便更好地检查学习效果,巩固所学内容和词汇。

本书不仅可作为在校大学生英语学习的阅读辅助教材,还可为自学考试学生以及广大英语爱好者提供切实的帮助,在短期内收到事半功倍的效果。

A stylized handwritten signature in black ink, consisting of several loops and a long horizontal stroke at the end.

2001 年 2 月于西安外国语学院

前 言

《英语阅读突破书系》为循序渐进阅读丛书。编写丛书的目的在于通过丰富、广泛的文章阅读和词汇练习为学习英语的读者提供更好、更新、更科学的语言学习方法,使读者在兴趣盎然的阅读中学习、应用,最终掌握英语单词,扩大词汇量。

丛书共分六册,根据最新《大学英语教学大纲(修订本)》编写,各册词汇量严格按照大纲要求来做。

丛书具有以下特点:

(1)每册内含18个单元,每一单元均有两篇阅读文章和一篇篇幅短小且生动有趣的幽默故事。练习设置以单词练习为主,兼顾构词法的学习和练习,练习并不拘泥于形式,各种不同类型相互穿插;力求在阅读实践当中完成词意理解、应用并最终达到掌握的目的。

(2)通过阅读,每册所掌握的词汇数量和重点不同:第一册可掌握词汇2300,第二册可掌握词汇3000,第三册可掌握词汇3500,第四册可掌握词汇4200,第五册可掌握词汇5000,第六册可掌握词汇5500。

(3)考虑到基础阶段读者的词汇量不够丰富的特点,每篇阅读文章中出现的新词、生词均加有标注,协助读者完成连续的、不间断的思维过程,再加之文后的难句注解及背景知识能使读者实现真正意义上的有效阅读。

(4)丛书选材广泛,内容新颖,可扩大读者的语言接

触面；同时又图文并茂，既赏心又悦目。希望能通过一种别致、多变的途径使本书成为读者扩大词汇量、提高阅读能力、增见识、长知识的好帮手。

千里之行始于足下，坚实基础奠定需要读者的用心和恒心，本书在给读者提供实践机会的同时，更期望通过本书的引导帮助读者培养阅读的兴趣，养成自觉良好的阅读习惯，从而登上更高的台阶。

限于水平及其他客观原因，本书难免有疏漏之处，敬请各位读者不吝赐教，予以指正。

编 者

2001 年 2 月

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Unit 1



Text I

A New You

全新的你

玛里安访问了一家人。这家人在车库里办了一个旧货交易展。玛里安买下了一盘旧录像带。当她把录像带带回家后发现这盘录像带和别的录像带根本不一样。精彩的故事就从这里开始了。





Pre-reading Questions

1. In what way do you think Mariam can make herself "new"?
2. What would happen if a person makes himself "new"?

☆ ☆ ☆ ☆ ☆ ☆

(1) Miriam was unhappy. She looked at herself side-on in the full length mirror she'd propped up in the lounge room. She cradled the pocket of flesh that hung like a handful of raw pizza dough over her lycra¹ tights. The bit she wryly referred to as her "bum bag". She smoothed back the short, wiry brown hair that was sprouting gray tendrils and sighed. After four children and four decades, Miriam felt tired. Tired of wearing her T-shirts on the outside. Tired of elastic², and tired of the red mark on her belly from these rotten lycra tights. She winced at the dull thud as she stretched the waistband and let it snap back on her stomach.

(2) Miriam reached for the remote and pressed the start button to begin the fitness video she'd bought at a garage sale³ the day before. A New You (the last fitness program you'll ever do).

(3) This is it, she thought. A last ditch attempt to whip myself into shape. "I may be forty and flabby⁴," she mumbled, "but I can feel young and trim and taut and terrific".

(4) That's the spirit smiled with the Pamela Anderson's look alike with the perfect face, exquisite blonde hair and flawless body.

(5) "Hi Miriam. My name's Cindy, and I'll be your personal trainer from now on. All we have to do is tidy you up a bit, and you'll be perfect. Now put the remote down, and stretch those calves!"

(6) Miriam's eyes widened in disbelief. She jabbed at the stop button on the remote control but nothing happened. She poked at the on/off button on the TV, but Cindy's beautiful face continued to smile at her. "Bend it, and stretch it. In together, out together, up two three



and down two three and excuse me, but this is a high intensity workout, and you're not moving."

(7) Miriam dropped the remote.

(8) "We're going to try stepping. If you don't have a platform, then four phone books will do just fine. Sydney Metropolitan of course, NOT country New South Wales. Up kick, down kick, one, two, three, the fatter the phone book, the thinner you'll be!"

(9) The girl giggled at her own joke as Miriam looked on agog⁵. "Well. Are you waiting for a written invitation?" She asked, stopping and placing her hands on her flawless hips. "C'mon Miriam! We don't have all day".

(10) Miriam obeyed. For the next twenty minutes, she followed the girl's instructions through a grueling⁶ aerobic workout. She crunched and stretched, skipped and leapt, stretched and contorted her body to angles it hadn't been in for a long time. The girl showed her how to work the flabby bits on her upper arms, how to exercise the wobbly bits on her lower abdomen, and how to firm up a sadly sagging bottom.

(11) At the end of the workout, Miriam lay on the lounge room floor exhausted. She covered her face with a towel.

(12) "How did I do?" she panted.

(13) Miriam waited a few moments for a shower of praise. There was none. In fact there was nothing on the television at all, but a blank screen. She frowned, crawled to the set and pressed the eject button on the VCR. The video cassette popped out of the slot and Miriam plucked it from the machine. She flipped it over and read the spine⁷.

(14) "Gee, Utopia⁸ Productions sure know how to personalize an exercise video. What a workout!", she said, and went to have a shower.

(15) The next morning, Miriam woke up stiff and very sore. Every muscle in her body ached as though she'd been trampled by a herd of donkeys. But she felt strangely wonderful.

(16) After the children had been deposited at school, Miriam tidied



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